



# INTERVIEW WITH A VAMPIRE

TWILIGHT STAR ROBERT PATTINSON TALKS ABOUT  
SINKING HIS TEETH INTO 'WORTHWHILE' ROLES

PAGE 10

OTTAWA

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Monday, November 12, 2012



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### A family tradition

"It's very important to bring my son here... to show the other veterans we intend to carry this tradition." Maj. Philippe Bourque, with wife Maj. Catherine Larose and son Charles

### Past and future

"I'm here to honour the fallen and see the cadets to whom we're passing the torch."

Retired captain George Mayer



### 'My heroes'

"I'm proud of them and proud to be Canadian. It's personal. In terms of being heroes, they're my heroes. They served."

Bob Jones, British Columbia

## THE TORCH BE YOURS TO HOLD IT HIGH

A TRIBUTE TO THOSE WHO FOUGHT FOR OUR FREEDOM AND DIGNITY — PAGE 2  
IN CASE OF WAR: HOW MUCH IS CANADA SPENDING ON MILITARY DEFENCE? — PAGE 3

Bottom left: Air cadets march up Elgin Street toward the National War Memorial ahead of Remembrance Day ceremonies. Top left: A boy reaches across the Tomb of the Unknown Soldier to lay down a poppy.

AIR CADETS, FAMILY; GEORGE MAYER: SEAN MCKIBBON/METRO; OTHER PHOTOS: JOE LOFARO/METRO

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# 'May we never forget'

## 'Authentic heroes.'

Throngs of civilians and soldiers gather at national war memorial in cold, damp, but reverent Remembrance Day ceremony

Twenty-one cannon shots reverberated Sunday off the National War Memorial in Ottawa and 21 times most of the hushed crowd of thousands collectively flinched at the sound.

Except for the veterans, whose eyes never left the

looming cenotaph covered in wreaths and later poppies by those paying tribute to their service in honour of Remembrance Day.

Veterans in wheelchairs wrapped themselves in blue fleece blankets to ward off the chill, sometimes helped to their feet by family members or by the young soldiers in their midst.

"The younger veterans and the older veterans, they meet today in mutual respect and admiration as partners in the battle against evil. They are Canada's best," Rabbi Reuven Bulka, Honorary Chaplain of Dominion Command, told the crowd.

## Chaplain

**"May we never forget those who have gone before us, paving the way to a world of greater freedom, more lasting justice and a more profound peace."**

Brig. Gen Karl McLean, Chaplain General of the Canadian Forces

"They fought our fight to ensure freedom and dignity for everyone. They therefore deserve to be celebrated, applauded and eternally appreciated as authentic heroes."

Gov. Gen. David Johnston, who was wearing the blue uniform of the Royal Canadian Air Force, led the national service that also included a military parade, prayers and song.

Among those in attendance was Roxanne Priede, this year's National Silver Cross Mother, picked by the Royal Canadian Legion to attend the ceremony on behalf of all Canadian mothers who have lost children in the service to their country.

Priede shed tears as she lay a wreath at the base of the war memorial. Her son, Master Corporal Darrell Jason Priede, died

in a helicopter crash in Afghanistan in 2007.

"May we never forget those who have gone before us, paving the way to a world of greater freedom, more lasting justice and a more profound peace," said Brig. Gen Karl McLean, Chaplain General of the Canadian Forces, who led the ceremony in prayer.

The public encircled the monument Sunday as if to give it a giant national hug.

Afterwards they surged forward to place their own poppies on the Tomb of the Unknown Soldier, some taking a minute to thank the veterans they encountered on the way.

THE CANADIAN PRESS



An unidentified veteran pauses as he lays a wreath at the National Remembrance Day ceremony in Ottawa Sunday. FRED CHARTRAND/THE CANADIAN PRESS

## Online petition. Cop raped by co-worker fighting for compensation

An Ottawa woman who was raped by a fellow police officer in February 2010 has launched an online petition to raise awareness about victims of sexual abuse as she fights for compensation from her employer.

Denise Robinson said she was placed on mandatory medical suspension without pay after she reported the rape to her employer, the Katiwisk Regional Police. The accused was arrested, released, and was suspended with pay until he pleaded guilty on Aug. 24.

But the battle for lost pay continues, and on Friday Robinson was offered a few months' pay if she quit her job, she said.

"It's not much, put it that way," said Robinson. "It doesn't even cover a quarter of my bills; my medical bills or my legal bills."

She said she has not yet responded to the offer. She argues the police force is obligated to top up her pay for work-related sick leave.

More than 680 people have signed her petition on change.org. JOE LOFARO/METRO

## Gambling website

### Men linked to illegal gambling out on bail: CBC

Three Ottawa men who police say are linked to a locally-run illegal gambling website were released on bail Sunday morning, according to CBC News.

Benedetto Manasseri, 49, Gary Saikaley, 49, and Stephen Parrish 45, each had to post \$10,000 bonds as did each of their sureties.

Police said the illegal website was involved in the wagering of millions of dollars on the Olympics, the NHL and the NFL in the past six months. METRO

## Roommate slaying. Jury finds Toby Land guilty of second-degree murder

Toby Land, 28, was found guilty of second-degree murder by an Ottawa jury Friday, for the May 2009 killing of his roommate, Dominic Doyon.

The slaying happened in a fight that ensued after Land confronted Doyon about Doyon dating a teenager.

Ontario Court Justice Catherine Aitken said Friday Land would automatically get life imprisonment for killing Doyon. However, a further decision remains about how long Land must wait before being able to apply for parole.

The jury recommended

Land spend the minimum 10 years in jail before being allowed to apply for parole.

A decision on Land's parole eligibility will be handed down Feb. 1 after a special report for aboriginal offenders is complete.

At trial Land's lawyer, Anne Weinstein, argued Land "snapped" during a late-night drinking binge with Doyon after learning his roommate was having sex with a girl in her mid teens. Land, 28, was sexually abused as a child, she said.

GRAHAM LANKTREE/METRO

# There's nowhere to go but down for defence budget

## Canadian Forces.

Military spending has become more limited despite federal strategy to ramp up funds, says U of O expert



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

Don't expect promises of a tricked-out Canadian military loaded with more of the latest gadgets to come to pass in the next 20 years, says a University of Ottawa professor as he peers into the Forces' future.

"If they remain committed to buying expensive items in a stagnant budget, there is less money for other things," said Paul Robinson, a military expert with the university's graduate school of public and international affairs. "They say they don't plan to cut personnel. It makes you wonder where they will get the money from."

In 2008, the government drew up a plan in the Canada First Defence Strategy that would see defence spending increase to \$30 billion in 2027 from \$18 billion in 2008.

Yet military spending in reality has become constricted, Robinson said. "I would say the Canada First strategy has been a misnomer for what has happened in practice. They were talking about sustained growth and now it's cutbacks."

In a leaked letter to Defence Minister Peter MacKay that was obtained by The Canadian Press in October,

the prime minister wrote "there can be no expectation that the defence budget will grow in the next few years." Cuts to defence spending are expected to reach \$2.5 billion a year by 2014.

Robinson criticized the government's plans to purchase F-35 fighter jets at a cost of \$25 billion. "A lot could be cut without harming the military. F-35 would be the first to go. It's a vast waste of money in a capability beyond what Canada needs for its own defence. We could do with something far more modest and cheaper."

He also said a military buildup in the Arctic is misguided. "The Arctic is not somewhere we should be considering militarizing. We're not going to go to war with the Russians, Americans or Danes."

Despite this, the buildup will continue in the North, MacKay's press secretary, Paloma Aguilar, wrote in an email: "We will continue operations in the North and increase our footprint in the Arctic with a new training centre and a berth and refuelling facility in Nanisivik."

Aguilar wrote that "the Forces must be restructured to ensure administrative burdens are reduced and resources freed up for the front line," without suggesting where future conflicts could be.

The Conservatives will have their hand on the tiller of the military for a time yet, said Robinson. "They're not likely to dramatically change direction."

Follow Graham Lanktree on Twitter @MetroGraham



In this 2011 photo, an aircraft maintainer walks by the U.S. air force's F-35 Lightning II joint strike fighter at Eglin Air Force Base in Florida.

SAMUEL KING JR./U.S. AIR FORCE/THE ASSOCIATED PRESS FILE

## UAVs

### Ottawa embracing drone power

Canada's military is already using drones in Afghanistan and the Arabian Sea, Paloma Aguilar, press secretary for Defence Minister Peter



Ottawa-based ING Engineering's Scout surveillance robot.  
GRAHAM LANKTREE/METRO FILE

MacKay, said on Wednesday. In fact, the government intends to purchase more.

In a request for information sent to aerospace firms July 23, the government indicated it is looking for weaponized, "unmanned aerial vehicles" (UAVs) to patrol the Arctic.

The contract is worth \$1 billion, according to DND's estimate.

"In the U.S., 50 per cent of all air power is now drones," said Paul Robinson, a military expert at the University of Ottawa. "They are the future ... manned aircraft is not."

GRAHAM LANKTREE/METRO

# Few vets looking to continue public service in office

As he goes from door to door wooing byelection voters in southwestern Ontario, Erin O'Toole talks about a lot of different issues, with one pointed exception: His 12 years as a member of the Canadian Forces.

O'Toole, the Conservative hopeful in the riding of Durham, is fiercely proud of his time in the Royal Canadian Air Force and the Navy, which included Sea King helicopter missions after the 1998 crash of Swissair Flight 111.

It's just that he doesn't

want to be seen as using his military service or work with veterans as a springboard to a political career.

"When you leave the military, you feel a sense of guilt because your friends are still there, they are still serving," said O'Toole, who traded the life of a soldier for law school in 2000.

That reluctance to highlight a military resumé, while seemingly common in Canada, is at odds with politicians in the United States, where time in the armed forces is often seen

as a prerequisite of sorts for running for office. But for whatever reason, Canada has seen a far smaller proportion of ex-soldiers choosing to throw their berets into the political ring.

Over the history of the House of Commons, only 18 per cent of the 4,202 MPs ever elected have military duty on their resumé, according to statistics on the parliamentary website.

The majority of MPs who have military records come from the First and Second World Wars. As the num-

## By the numbers

# 13

Thirteen current MPs list some military service in their official backgrounds: Two are Liberals, five are New Democrats and six are Conservatives. Only one is a veteran of Canada's most recent conflict, the war in Afghanistan.

ber of Canadians serving has dwindled, so too has the number of politicians drawn from their ranks, said military historian

Christian Leuprecht.

"In the U.S., the military has a strong linkage with society — one in eight Americans will serve at some point in their lifetime," he said via email from Spain.

"In Canada, it's closer to one in 100. It just doesn't have the same cache as it does in the U.S."

While O'Toole cited the continuing desire for public service at the heart of the decision to move from military to political life, many other soldiers are turned off by politics, suggested Aud-

rey Prenzel, a Canadian career transition expert specializing in former military members.

She said she's never worked with anyone who has expressed an interest, and when she asks, she's often met with laughter.

"They like to get stuff done, they like to ask and answer questions directly and get direct straight-shooting answers," she said.

"So, in terms of corporate culture, it just doesn't seem to be a fit."

THE CANADIAN PRESS



# Israel fires at Syria following mortar strike

**Warning.** Incidents of errant fire have multiplied in recent weeks, leading Israel to warn that it holds Syria responsible

Israel and Syria are bitter foes who have fought several wars, but their shared border has been mostly quiet since a 1974 ceasefire. Still, Israel worries that Syria's civil war could spill across into the Golan, and repeated errant fire has intensified that concern.

Israel fears that if Syrian President Bashar Assad's regime is toppled, the country could fall into the hands of Islamic extremists or descend into sectarian warfare, destabilizing the region.

Israeli officials do not see Assad trying to intentionally draw Israel into the fighting, but have raised the possibility of his targeting Israel in an act of desperation. They also fear that Syria's stockpile of chemical weapons or other weapons could slip into the hands of Lebanon's militant

## Mistake

**"We understand this was a mistake and was not meant to target Israel and then that is why we fired a warning shot in retaliation."**

Lt. Col. Avital Leibovich  
Israeli army spokeswoman

Israel was drawn into the Syrian civil war for the first time on Sunday, firing warning shots into the neighbouring country after a stray mortar shell fired from Syrian territory hit an Israeli military post.

The Israeli military said the mortar fire caused no injuries or damage at the post in the Golan Heights, which Israel captured from Syria in the 1967 Mideast war and then annexed.

Hezbollah group — a close Syrian ally — or reach other militants if Assad loses power.

Israeli officials also worry that the frontier region could turn into a lawless area like Egypt's Sinai desert, which Islamic militants now use as a launching ground for strikes against southern Israel.

THE ASSOCIATED PRESS



## End of First World War remembered

A visitor wipes her eye at the Armed Forces Memorial on Armistice Day and Remembrance Sunday at the National Memorial Arboretum in Alrewas, England, Sunday. The 11th day of November marks the signing of the truce that ended the fighting in the First World War, and is recognized around the world. RUI VIEIRA-PA WIRE/THE ASSOCIATED PRESS

### Myanmar earthquake

#### 12 killed as mine, bridge collapse

A strong earthquake of magnitude-6.8 struck northern Myanmar on Sunday, collapsing a bridge and a gold mine, damaging several old Buddhist pagodas and leaving as many as 12 people feared dead.

THE ASSOCIATED PRESS

### Ghana store collapse

#### 79 pulled from building's rubble

Authorities in Ghana still don't know how many are still trapped inside a store in Accra that collapsed Wednesday killing 17. Store management estimated 55 people were inside, but 79 had been pulled out as of Sunday evening. THE ASSOCIATED PRESS

### Superstorm Sandy

#### Tens of thousands still in the dark

New York and New Jersey utilities closed in on restoring power Sunday to about 150,000 who lost it during Superstorm Sandy and a subsequent nor'easter, but thousands of buildings were too damaged to receive electricity. THE ASSOCIATED PRESS



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# A 'radical' overhaul of BBC called for

## Ongoing scandal.

Head of broadcaster's governing body says 'thorough ... structural' changes needed after executive resigns over sex-abuse coverage

The head of the BBC's governing body said Sunday the broadcaster needs a radical overhaul following the resignation of its chief executive in wake of a scandal over a botched report on child sex-abuse allegations.

Chris Patten vowed to restore confidence and trust in the BBC, which is reeling from the resignation of George Entwistle and the scandals prompting his ouster.

Entwistle resigned Saturday night amid a storm of controversy after a news program wrongly implicated a British politician in a child sex-abuse scandal, deepening a crisis

sparked by revelations it decided not to air similar allegations against one of its own stars.

Patten told the BBC on Sunday he will not resign, saying he must ensure the publicly funded broadcaster "has a grip" and gets back on track.

"My job is to make sure that ... we restore confidence and trust in the BBC," he said, and called for a "thorough, radical structural overhaul."

The scandal comes at a sensitive time for Britain's media establishment, struggling to recover from an ongoing phone-hacking scandal which brought down the nation's bestselling Sunday newspaper, led to the arrests of dozens of journalists and prompted a judge-led inquiry into journalistic ethics and the ties between politics and the news media.

Kevin Marsh, a former senior editor of the BBC, said the resignation does little to re-establish public trust in the BBC, which is funded mainly by a tax on U.K. households that have televisions. **THE ASSOCIATED PRESS**



## Neighbourhood awakened by deadly blast

This aerial photo shows the two homes that were levelled and the numerous neighbouring homes that were damaged in Indianapolis by a massive Saturday night explosion that sparked a huge fire and killed two people. Nearly three dozen homes were damaged or destroyed, and seven people were taken to hospital with injuries, authorities said Sunday. The powerful blast shattered windows, crumpled walls and could be felt at least 4.8 kilometres away. It wasn't immediately clear what had caused the blast. **MATT KRYGER/THE ASSOCIATED PRESS**

## Worker

### Third person dies after explosion at plant in Quebec

A third person died over the weekend from injuries related to a powerful explosion at a plant in Quebec's Eastern Townships.

Marc Couture, a worker at the plant, died at a Montreal hospital on Saturday evening.

**THE CANADIAN PRESS**

## Drugs

### Prescription opioid deaths as high as drunk driving deaths, B.C. officials say

People in southeast British Columbia are dying from prescription opioid overdoses at the same rate that they're dying in drunk driving accidents.

The findings are contained in a research project conducted by medical health officers at the Interior Health Authority and the B.C. Coroners Service.

**THE CANADIAN PRESS**

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# Singles Day an e-commerce boon

**China.** Not only for the lonely anymore, day for the unattached has the country scouring the Internet for rock bottom prices

Lei Shujie, a designer in Shanghai, piled up a wish list for Sunday, a quirky holiday dubbed Singles Day that has grown into China's — and possibly the world's — busiest online shopping day.

Clothes, a pillow, a cabinet to give a friend — Lei put off buying until Sunday, when retailers promised dis-

## Can buy me love?

**"This is about giving a gift that will woo that perfect someone ... If you play your cards right, you only need to make that purchase once."**

Mark Natkin, managing director of Marbridge Consulting, a technology consulting firm in Beijing

counts of up to 70 per cent. "The prices are irresistible," she said.

Singles Day was begun by Chinese college students in the 1990s as a version of Valentine's Day for people without romantic partners. The timing was based on

the date Nov. 11, or 11.11 — four singles.

Unattached young people would treat each other to dinner or give gifts to woo that special someone and end their single status.

That gift-giving helped to turn it into a major shopping event as sellers of everything from jewelry to TVs to cars saw a marketing opportunity and launched Singles Day sales.

It is China's answer to Cyber Monday in the United States — the day after Thanksgiving weekend, when online Christmas shopping begins and merchants have their busiest sales day.

THE ASSOCIATED PRESS



Singles Day began in China in the 1990s as a Valentine's Day for the unattached. It has morphed into the country's busiest online shopping day where merchants offer goods at prices many find simply irresistible. EUGENE HOSHIO/THE ASSOCIATED PRESS

## Refurbishment

### NB reactor set to return to service

Atlantic Canada's only nuclear power plant is expected to complete its refurbishment this fall, marking the end of a risky project that saw spills, cost overruns and federal-provincial squabbling.

More than four years after Point Lepreau in New Brunswick was shut down and \$2.4 billion later, the provincial Crown utility company is hoping the repairs will extend the plant's life by 27 years.

THE CANADIAN PRESS

## Azerbaijan

### EU staff hacked at security conference

A European Union official says her staff members were hacked when they joined her for a conference on Internet security in Azerbaijan.

The European Commission vice-president said in a blog post Saturday that her advisers' computers were compromised as they attended a meeting of the Internet Governance Forum. THE ASSOCIATED PRESS

## Greece

### Austerity budget gets green light

Greek lawmakers approved the country's 2013 austerity budget Monday, an essential step in Greece's efforts to persuade its international creditors to unblock a vital rescue loan installment without which the country will go bankrupt.

The approval comes days after a separate bill of deep spending cuts and tax hikes squeaked past in parliament. THE ASSOCIATED PRESS



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## BlackBerrys could cause allergic reactions: Study

IPhones might be healthier than BlackBerry phones for those with nickel allergies, according to new research from the U.S.

Nickel used in the production of BlackBerry smart-phones has been found on the device's buttons and keyboards, where it could cause an allergic reaction such as dry,

itchy skin, says a new study presented at the Annual Scientific Meeting of the American College of Allergy, Asthma and Immunology.

Approximately 8 to 9 per cent of North Americans react adversely to nickel and the College confirms cases of "cell-phone dermatitis" are being diagnosed.

Allergist Dr. Tania Mucci said one-third of the study's BlackBerrys tested positive for nickel while iPhone and Android devices came up clean.

Less popular flip phone models were the worst offenders.

The study does not link any person with "cellphone dermatitis" to any BlackBerry product. TORSTAR NEWS SERVICE

## Reactive metals

Nickel, along with cobalt — another element found in many electronic devices — can cause allergic reactions including dry, itchy patches along the cheekbones, jaw line and ears.

## On the table. Leon's wants The Brick for \$700M

One of Canada's best-known furniture retailers is trying to buy up a high-profile rival amid a growing trend by American retailers to expand into the Canadian market.

Leon's Furniture Limited is offering to buy The Brick Ltd. in a deal the company values at \$700 million.

The offer is subject to approval by Brick shareholders and will need court and regulatory approval.

Leon's says it will pay \$5.40 per share in either cash or debentures — the closing price on Brick shares on the TSX on Friday was \$3.50.

It hopes to close the deal in the first quarter of 2013.

Leon's says in a news release that if shareholders accept the offer, the two chains will operate as separate entities.

The two chains are facing new competitors, chiefly in the form of American retail giant Target, which plans to open up to 135 stores across Canada in the coming year.

Other major Canadian retailers such as HBC, Shopper's Drug Mart and Jean Coutu are also making preparations either through restructuring or how they do business to prepare for the competitive threat of Target.

Leon's, headquartered in Toronto, has 76 stores with locations in every province except British Columbia.

The Brick, which is based in Edmonton, has 230 stores operating under The Brick, United Furniture Warehouse, The Brick Mattress Store and Urban Brick banners.

THE CANADIAN PRESS



## MALLS ON THE MARCH, HERITAGE SHUNTED TO THE SIDE



**URBAN COMPASS**  
Steve Collins  
ottawa@metronews.ca

I have no clear recollection of downtown Ottawa before the Rideau Centre opened in 1983, or even of setting foot inside the century-old Ogilvy building before its last shoppers departed in 1992.

That's kind of the point of a heritage designation like the one applied to two outer walls of the old department store in 2000. It helps preserve the city's bones, remnants of an Ottawa older than our flawed and incomplete living memories.

This week, city council will give or withhold permission for the north and east façades of the Ogilvy building to be removed and stored before the rest of the building disappears in a planned \$250-million expansion of the Rideau Centre. The outer walls would then be affixed to the newly super-sized mall at Rideau and Nicholas, where the old store has stood since 1907.

### Heritage ... on the move

**"When the architecture of yesteryear gets in the way of the profitability of tomorrow, it seems we increasingly rely on technical ingenuity to make up for any shortcomings in reverence for the past."**

on technical ingenuity to make up for any shortcomings in reverence for the past.

Earlier this month, for one notable example, in an impressive feat of engineering, construction crews slowly, amazingly, moved Lansdowne Park's historically significant but inconveniently-located Horticulture Building 120 metres to the northeast corner of the park.

The move, made to provide room for retail space and underground parking, contravened the advice of the city's heritage advisory committee and the province's Conservation Review Board, but the developers have boldly characterized it as preserving the site's history.

"A lot of the stuff they said I frankly found bizarre," long-time opponent Clive Doucet told me when OSEG unveiled their plans in 2010. "Like we're going to move the Horticulture Building so that we'll have a 'historic view' of the park that we've never had before. And I think to myself, in 2014, it's the 100th anniversary of the Horticulture Building. The historic view is where it is, not where it's being moved to."

Lansdowne's new masters are styling their upcoming clutch of stores as a "retail village" rather than a mall, but make no mistake. They will be in competition with the Rideau Centre for both shoppers and retail tenants. Nordstrom, once thought to be a major tenant for Lansdowne, will instead open at the new and improved Rideau.

In a way, the Rideau Centre's planned expansion and cannibalization of the Ogilvy Building is entirely in keeping with the city's retail history. When Ogilvy's was a big retail player here, it repeatedly expanded the building upwards and outwards, in 1917, 1931 and 1934.

The site plan is expected early in the new year, with construction to be completed in 2015. The mall will add 180,000 square feet of space at the cost of \$150 million, with another \$100 million earmarked for improvements to the existing 1,021,000 square feet.

Few would deny the 30-year-old Rideau Centre could use a bit of an update, starting (may I humbly suggest) with its entrances, where ranks of old-fashioned outward-swinging doors cause a constant daily crunch of awkwardness at Rideau Street and the Mackenzie King Bridge as shoppers and transit riders bottleneck past each other on their way in or out. Rideau has to get things right both as a commercial and transit hub.

Meanwhile, the latest innovation I've noted at Rideau would be best-categorized as Schlimmbesserung, German for an improvement that makes things worse. Scotiabank has lobotomized its ATMs in the mall, no doubt at some expense, so that all customers can do with them is withdraw cash. If that's the future of shopping at Rideau, they can keep it.

The Rideau Centre's owner, Cadillac-Fairview, originally got clearance to do the deed back in 2006, when its expansion was supposed to be imminent, but during six years of delays, the old building's face took more beatings from Ottawa winters. The removal will be a delicate business, and Cadillac-Fairview is to put up a \$2-million bond against any heritage-wrecking accidents.

When the architecture of yesteryear gets in the way of the profitability of tomorrow, it seems we increasingly rely

## Don't let kitty scratch this



REX FEATURES

### Balloon arts and crafts

### Hobbit hole made out of balloons

If you love party paraphernalia and J.R.R. Tolkien, you'll be fantasizing about this — a replica of a hobbit hole made from 2,600 balloons. Jeremy Telford, 34, spent 40 hours over three days inflating the balloons using a hand pump.

Thanks to an understanding wife, the Tolkien fan was able to build the shiny structure in his living room.

"After three days, we let the kids demolish it for another two. They were sad when it was finally time to reclaim the living room for living," Telford said.

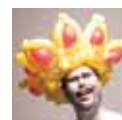
METRO

### The artist explains ...

- **Passion for fantasy at an early age.** "I have been a Tolkien fan ever since reading *The Hobbit* in junior high school. It opened a whole new genre of books to me and fantasy quickly became my favourite."
- **Planning.** "I've been wanting to build something from *The Hobbit* for a while now. My wife and I sat down and picked out a few days to set aside for the build. We figured out how to get most of the furniture out of our living room and planned out how to build around the rest."

- **18th-century inspiration.** "I spent a few hours Googling 18th-century English furniture to try to get a style to work from. From there, I designed the layout and estimated the number of balloons it would take to make the sculpture."
- **Capturing the moment.** "When the day came, we set up the camera to take pictures every 18 seconds for a time-lapse video. My three children, aged seven, five and two, helped. The older kids soon learned to wait for the click of the camera before moving through the living room to get to the kitchen. The youngest didn't understand and instead 'helped' me throughout the build."

### His viewpoint



**"The worst part of it was that my fingers**

**were so sore after tying so many balloons. It sounds pitiful, but it's very true!"**

Balloon enthusiast Jeremy Telford

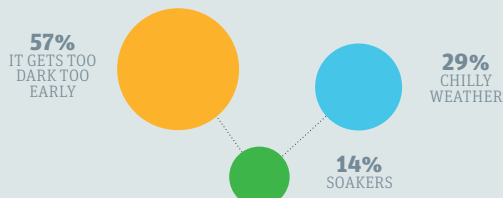
### Online

Watch the time-lapse video at [metronews.ca](http://metronews.ca)



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### What's the worst thing about fall?



### Twitter

**@jessalexandria8:** May be wrong but why is Harper in Asia on Remembrance Day? Shouldn't be in Ottawa acting as our prime minister? #wow

**@GeislerSarah:** Mad I couldn't make it to the #skpk #RemembranceDay service at Millennium, cried more watching the Ottawa service on TV at home instead.

**@ianmurchison:** @justinl isn't there a formula. If

Toronto has X number of Y stores, Ottawa must therefore have 1?

**@lisavida76:** @justinbieber not sure if the rumours are true, but if they are, big hugs from Ottawa! Xo

**@Graembels:** Went to the #RemembranceDay ceremony in #Ottawa. Cant stop thinking about this quote. "Let there be peace on Earth and let it begin with me"



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The professional brooder, hard at work. GETTY IMAGES

## Robert Pattinson: 'I really want to do something worthwhile'



NED  
EHRBAR

Metro World News in Hollywood

Starring as Edward Cullen, the moody vampire at the centre of the *Twilight* series has brought Robert Pattinson worldwide stardom, something that doesn't sit well with the British actor. "I have a weird mental disorder where the only thing I can ever hear is the negative stuff," he tells us. "It doesn't matter how many people say anything complimentary, it's always the negative."

You can't blame him. This summer, the 26-year-old was at the centre of some pretty negative headlines: His girlfriend and co-star Kristen

Stewart reportedly cheated on him with her *Snow White* director Rupert Sanders. Are they on? Off? Rather than obsess about it, Pattinson decided to focus on his career after the last film in the series: *The Twilight Saga: Breaking Dawn—Part 2*.

Of his fame, he says, "Maybe I feel like I don't particularly deserve it yet, so I really want to do something worthwhile in my head and struggle for a long time."

As evidenced by recent choices — including David Cronenberg's challenging *Cosmopolis* — he's not afraid of risk. "I signed up for a lot of stuff in the last year. I was really fixated on working with a lot of people who are kind

**Would he make more?**

**"Yeah, definitely. I mean, I don't know why I wouldn't. I've already done five of them. It's not like, 'Six? I can't do six. That's crazy!'"**

Robert Pattinson on making another *Twilight*

of dangerous. I thought that would be exciting," he says. "The business part of show business has really just taken a big s— on the show aspect of it, and so I think anyone who has any visibility should be trying to do something that is really, really subversive. I think it would be interesting

trying to get really subversive stuff into the mainstream, things that make it in the cinema not just as a consumer but as a participant."

It's that sensibility that led him to sign up for the lead in *Mission: Blacklist*, a film to be made in Iraq next year. "That's probably out of anybody's comfort zone," Pattinson offers. "It's about this guy called Eric Maddox who was an army interrogator who almost single-handedly found Saddam Hussein."

The project teams Pattinson with French director Jean-Stéphane Sauvaire, who used Liberian child soldiers for his last film. "I think he literally wants me to join the army," Pattinson says, looking

thrilled at the idea.

You can tell where his passions lie by the fact that, during this interview, the actor talks more about *Mission: Blacklist* than *Twilight*. But promotion for *Breaking Dawn—Part 2* must be done. The story finds his Edward and Stewart's Bella protecting their child from killer vampires. It's already predicted to be the highest-grossing effort in the series. And the actor is busy lining up another high-profile project, lest he lose his ability to get the riskier ones made. "This year, I'm thinking I should probably try to do a movie which at least one person will see," he says. "So I'm trying to figure that out now."

## Kristen Stewart. *Twilight* star would do it all over again — the good and bad

Before the *Twilight* series, Kristen Stewart was making a quiet transition from child actor to indie starlet, sticking with interesting roles in relatively small films. Now she's a tabloid lighting rod. At a recent advance screening of *Breaking Dawn — Part 2*, the final *Twilight* film, some diehard fans even booed when her name came up. Will her fans ever forgive her for reportedly cheating on co-star Robert Pattinson with her *Snow*

White director Rupert Sanders?

And after everything that's happened, both good and bad, with the series and her career, would Stewart do it all over again? "Yeah, definitely. Yes," she says emphatically. "I probably worry about it a little bit less now, whether or not people think I'm socially awkward."

She has mixed feelings about the series' end. "I'm so happy and relieved to not have to be worrying about the characters

anymore," Stewart says. "'Relieved' sounds wrong, because, at the same time, you definitely miss it because it was engrained in us for five years. There was never a time ... where that character wasn't tapping you on the shoulder going, 'You're going to get married in three years. How's that going to be? Are you excited to have a baby?' "After five years," she continues, "there's a lightness that is very welcome." NED EHRBAR

Kristen Stewart says there is a 'lightness' around *Twilight's* end. HANDOUT



# Klum shines in host duties at MTV Europe Music Awards

**Frankfurt.** Canada's Carly Rae Jepsen among the performers of this year's event

American rapper Ludacris says he has "a huge crush" on supermodel Heidi Klum, the host of Sunday's MTV European music awards show.

Ludacris, alt-pop trio Fun. and Canadian singer-songwriter Carly Rae Jepsen took a rehearsal break to attend a press briefing Saturday ahead of the MTV

EMA in Frankfurt. Joined by Klum, all talk turned to the upcoming festivities.

Ludacris said he felt "blessed" to be in Frankfurt and saw the awards as a chance to "give back to the global fans" — and also get near Klum.

The rapper exclusively premiered his new music video *Rest of My Life*, featuring Usher and David Guetta, during the show.

Also taking the stage was Jepsen, who soared to the top of the charts with her hit song, *Call Me Maybe*, and had three nominations. She said she is already "fall-

ing a little bit in love with Frankfurt."

Other performers included Taylor Swift, Muse, No Doubt, Alicia Keys, Pitbull, Psy and The Killers.

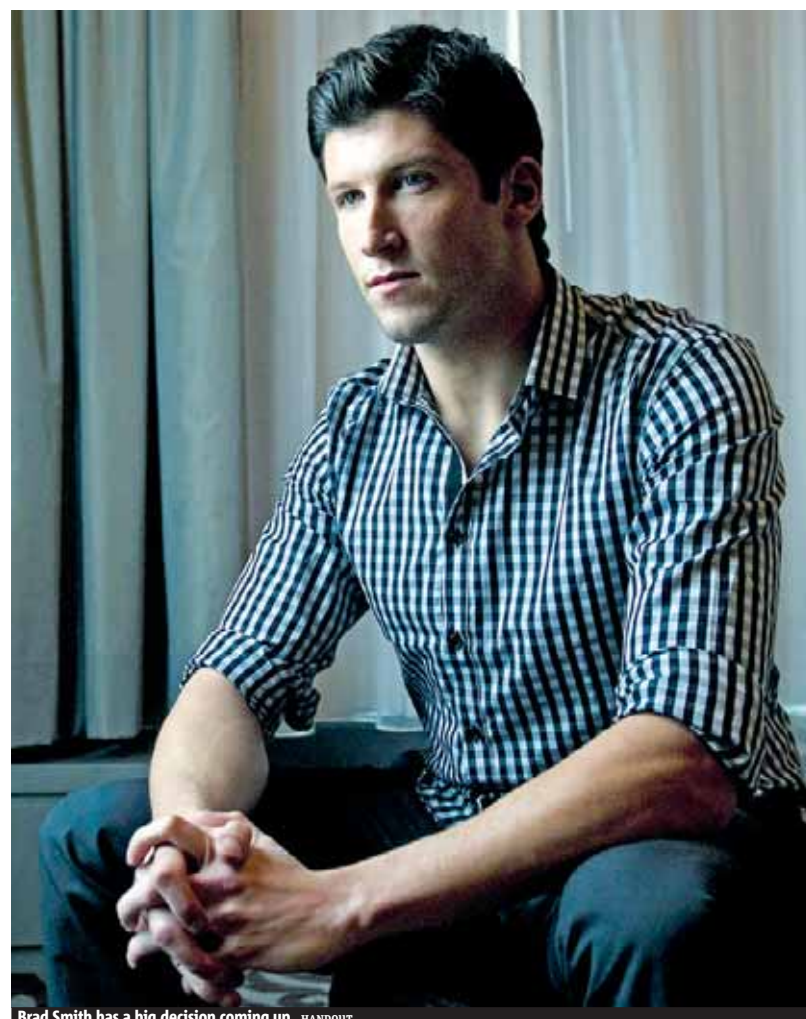
Also in the line-up was Fun., who said they would get "pretty giddy" if they bumped into The Killers backstage because they are huge fans.

Klum, meanwhile, was excited to cross paths with Psy, the South Korean phenomenon, and admitted she and her children are partial to his Gangnam Style dancing.

THE ASSOCIATED PRESS



MTV European Music Awards 2012 host, German model Heidi Klum, speaks during a press conference in Frankfurt's town hall on Saturday. THE ASSOCIATED PRESS



Brad Smith has a big decision coming up. HANDOUT

# Canadian bachelor prepares to hand out that final rose

**Big decision.** Brad Smith has narrowed it down to two women after speed-dating his way through 25 contestants

One bachelor, two women, one big decision.

That's what it comes down to as *The Bachelor Canada* heads toward that final rose.

After weeks of criss-crossing Canada on fantasy dates that also extended into romantic getaways to Paris and Mexico, Canadian bachelor Brad Smith is about to announce his big decision.

He has narrowed it down to 28-year-old Bianka, a nurse from Mississauga, Ont., and 24-year-old Whitney, an administrative assistant from Calgary.

Smith, 29, has caught passes before. The CFL "free agent" wide receiver has played for Montreal, Toronto and Edmonton. His dad is former CFL commissioner Larry

Smith, now a member of the Canadian senate.

With roots in football, Smith seems more All-American than many U.S. bachelors.

"Hockey's really my passion," he protests. "I just happen to be good at football."

Much of the dating hijinks were shot last summer. Earlier this month, production shifted to a picturesque seaside town near Victoria, B.C. for the taping of next week's *Women Tell All* outing (airing Nov. 14 on Citytv), as well as the *After the Rose* episode (Nov. 28). Fans will learn if Smith chooses Bianka or Whitney — or neither — on decision night, Nov. 21 at 9:30 p.m. ET.

The studio audience was as shocked as many viewing at home this Wednesday when Smith eliminated second runner-up Kara, a grad student from Delta, B.C.

A softball player who earned a scholarship to a Florida college, Kara shared Smith's passion for sports.

When it came down to the final two, however, he

wouldn't play ball.

"I wish there could have been that spark, because it could have been perfect," she said later.

Sixteen of the original 25 women are back for the "Tell All" segment. They're perched on bar stools on a black-and-white set that could pass for *Austin Powers'* love pad.

Gabrielle is a crowd favourite. The diminutive law student from Oakville, Ont., stood out on the series for speaking her mind.

"She's got some fangs on her," observes Smith. If she were to do something like this again, Gabrielle says later, she'd learn to "filter her thoughts." Kara disagrees, saying, "the other girls loved her just the way she is."

Most of the women seem to be pulling for Bianka to get the rose, with Whitney emerging as the villain of the series. She did herself no favours with on-camera quips such as "Brad's mine" and, "I know what I want and I know how to get it."

THE CANADIAN PRESS



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# Judd touted as potential opponent to Senate leader

**Democrats.** Nobody has stepped forward to challenge the longtime Republican leader

Actress Ashley Judd isn't ruling out a run for U.S. Senate in Kentucky.

The former Kentuckian is an active supporter of Tennessee Democrats. She said in a statement Friday that she's honoured to be mentioned as a potential candidate, but she sidestepped the question of whether she would get into the race.

"I cherish Kentucky, heart and soul, and while I'm very honoured by the consideration, we have just finished an election, so let's focus on coming together to keep moving America's families, and especially our kids, forward," she said.

Judd lives in Tennessee and would have to re-establish a



Ashley Judd GETTY IMAGES

residence in Kentucky before she could challenge Senate Republican leader Mitch McConnell in his 2014 re-election bid.

No Democrats have stepped forward to challenge McConnell, a political powerhouse who already has \$6.8 million in the bank for his re-election.

In 2008, McConnell won

re-election to a fifth term and became Kentucky's longest serving senator. McConnell spent some \$20 million on his last election, beating Democrat Bruce Lunsford, a wealthy Kentucky businessman, by six percentage points.

"Sen. McConnell and his wife are big fans of Ashley Judd's movies and appreciate her energy, especially when it comes to bringing young people into the political process," said McConnell campaign manager Jesse Benton. He held his criticism for those who are pushing her candidacy.

Judd is a regular at University of Kentucky basketball games and the Kentucky Derby and has starred in such movies as Kiss the Girls, Double Jeopardy, Where the Heart Is and High Crimes.

She is married to three-time Indianapolis 500 winner Dario Franchitti and is an annual spectator at the race.

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Johnny Depp. ALL GETTY IMAGES

## Depp on again with his on-again, off-again girlfriend

While Johnny Depp and Amber Heard reportedly scuttled their summer romance because there was too much "drama" surrounding the relationship, sources say the two are back together after an impressive campaign by Depp, according to the New York Post.

Depp, who split from Vanessa Paradis, his partner of 12 years earlier this year, reportedly sent Heard a self-written poem and roses every day during the month of September.

He eventually convinced her to visit him on his private island in the tropical Bahamas.

"Johnny's the type to fall hard and he's vowed not to let a girl like Amber, who's beautiful and intelligent, slip through his fingers," a source says.

Apparently it worked, as Depp and Heard were spotted out at a Los Angeles nightclub last week.

"They looked very flirty and sat close, conversing the whole time," a source says.



Halle Berry

## Berry trying to create a better life for her daughter

Halle Berry's plans to move to France with fiancé Olivier Martinez are apparently being put on hold, as a judge has reportedly denied Berry's request for permission to relocate her four-year-old daughter, Nahla, according to TMZ.

Despite a contentious relationship with her ex-

husband — and Nahla's father — Gabriel Aubry, Berry had argued that the move was for the girl's benefit because of the intrusiveness of the L.A. paparazzi, citing France's "appeal of privacy and a greater sense of safety," she recently told InStyle magazine.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Rich, famous actress dumps rich, famous singer



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Although it comes as no surprise that two people under the age of 20 have broken up, it is my due diligence as your gossip columnist to tell you about the demise of the tween love that was the two-year relationship between Selena Gomez, 20, and Justin Bieber, 18. Here's what we know:

To hear sources tell it, it was Gomez who did the dumping, according to Us Weekly. "Selena broke up with Justin about a week ago," a source says. "Selena definitely had some major trust issues with Justin."

Those trust issues might have something to do with Bieber recently spending a lot of time with 19-year-old Victoria's Secret model

Barbara Palvin.

According to reports, Bieber took two women, one of whom was Palvin, to see The Lion King on Broadway after the Victoria's Secret fashion show last Wednesday.

The twist of the knife came courtesy of a picture featuring Palvin posing with Bieber and rapper Lil' Twist that began circulating online.

Gomez retweeted the photo to her own Twitter feed — her only comment on the pic being a set of ellipses — which caused a prepubescent online fire storm and prompted Palvin to tweet, "Hey everyone, please calm down. He is all yours!! :) please :)"

But don't count the long-term (by teen/celebrity standards) lovebirds out just yet.

"They are (young)," the source says. "Right now it is a break and tomorrow it could be back on, knowing them."

And that's your update from the love lives of people born in the '90s.

Let me take a second here to remind everyone that we're all adults. Reminder taken? Good. For the rest of you, go clean your room.



Gerard Butler

## Gerard Butler regrets the one who got away

Gerard Butler is certainly happy for newlywed Jessica Biel, but that doesn't mean he doesn't wish things had gone better when he reportedly dated his Playing for Keeps co-star last year during her temporary split from Justin Timberlake, according to Radar Online.

"Gerard doesn't have many regrets, but not treating Jessica with the respect she deserved while they

dated is one of them," a source close to Butler says.

"He genuinely believes she was the one that got away. Jessica liked Gerard a lot. She was into his boyish nature, but she wanted something more serious. She was ready to settle down."

And was she ever. Soon after her reported romance with Butler, Biel reconciled with Timberlake, and the two tied the knot last month.

### Twitter



@justinbieber

focused on the positive. #30MillionBeliebers with me. Im never leaving u because u r always there 4 me. love u.



@ParisHilton

Skydiving was incredible! Such an amazing feeling! I loving being adventurous!



@Joan\_Rivers

And here come the Beliebers! Not sure what is more fun...making a joke about Justin Bieber OR reading the hate tweets from the Beliebers.

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3  
TIPS

**Doctor-delay diversions.** Here are some ways to keep your (often sick) kids entertained at the doc's



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

It is the time of year when many parents are visiting their doctor's office with kids in tow, for everything from routine vaccinations to dealing with the sudden influx of colds and fevers.

But just going to the doctor's office can make you sick ... of thinking of ways to entertain your children while you inevitably wait.

Make sure you're prepared to keep the kids quiet and occupied.

#### 0-12 months

Of course, infants have their own schedules, but if you know of an especially fussy time, try to avoid booking within a two hour window of this. Feeding is a great way to distract bored babies, so bring along snacks, bottles, or breastfeeding aids (blankets, etc.) if required. Pack as though you were going on a trip with clean clothes, plenty of diapers and extra clean toys, pacifiers, etc.

#### 1-3 years

Most kids this age are still napping in the afternoon, so try for an early morning appointment and bring a stash of finger foods and favourite



There are ways to keep kids of all ages entertained while waiting for the doctor. ISTOCK

toys. Try not to bring loud, large toys that are jarring to others in the waiting room. If the child is starting to have anxiety about visiting the doctor, bring some age appropriate books to read about what they can expect, and let them play with bandages, toy stethoscopes and other doctor tools to prepare them.

#### 4-6 years

This is a great age to introduce kid-friendly tablets and learning software. While mom's iPhone can always be used in a pinch, sometimes

mom wants to catch up on email and surf the web herself. Bring along some colouring books and crayons (markers are messy in a public space). Juice boxes and non-messy snacks help.

#### 8+ years

Kids this age can read by themselves. Taking a quick trip to the library first means you can stock up on loads of new books for them to go through quietly. Hand-held gaming devices with calmer, educational games, or a set of ear plugs, can help pass the

time. Pack some water and healthy snacks as well.

New parents can also get nervous while they're in the waiting room, so it's a good idea to occupy yourself with activities such as reading up on the vaccinations your child is about to receive, recording the symptoms which lead you to believe they were sick, and preparing questions for the doctor in advance.

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## Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

Compensation is provided.

For more information, please call Jeanne at 613-599-5700 ext. 23 or email: kanataallergy@gmail.com

## Stay calm and be a parent

**JULIA FURLAN**  
Metro World News in New York

Gathering the family around a candlelit table during a storm can sound cosy — until it gets scary.

Dr. Dawn Huebner, a child psychologist and author of a "what-to-do" series of guides for children, says that the most important thing for parents to remember during an emergency situation is to keep separate what they are experiencing from their children.

"Parents are going to be seeking out information and wanting to watch the news or listen to reports or looking at the devastated sites. All of that is terrifying to children."

Huebner says parents should try and be calm and reassuring to their children.



Maintaining a routine is important during a storm. ISTOCK

Sometimes, extreme weather can give a family a chance to shine together.

For Erin Zammatt Ruddy, a blogger for Parenting.com and mother of two kids aged two and five, keeping the

children occupied is key. Ruddy's family lost power during Hurricane Sandy, but she is a big believer in keeping the family's routine going as much as possible, a technique Huebner

#### Storm tips

Dr. Dawn Huebner, child psychologist and author, says the following are essential during extreme weather.

- **Talk it out.** Use "feeling words" when talking to children. Acknowledge that something is scary or sad.
- **Offer assurance.** If disaster is striking, parents can assure kids that they will take care of them.
- **Maintain routines.** Children can be especially clingy or show regressive behaviour during extreme weather. Routines should be maintained as much as possible.

recommends.

"We made sure they were having their eating and sleeping and napping routines," Ruddy says.



# Nigerian Beef Suya offers spicy and cheap satisfaction

Despite the sometimes intense diversity of faith and ethnicity in Nigeria, a nation of 160 million people, this thinly sliced meat — called Suya — is eaten everywhere. Suya typically costs around 200 naira (\$1.25) a stick and can be made with beef and chicken cuts, as well as bits of kidney and liver.

1. Set oven-safe wire rack over a rimmed baking sheet. Coat the rack with cooking spray.

2. In a wide, shallow bowl, mix powdered peanut butter, paprika, ginger, 2 teaspoons of salt, garlic powder, onion powder and cayenne. Set aside 2 tablespoons of the mixture.

3. Using very sharp knife, cut steak into thin slices no more than 1/4 inch thick. Thread the steak onto wooden skewers.

4. Using pastry brush, lightly brush sliced steak on both sides with peanut oil. One at a time, place each skewer over bowl of seasoning mix and press onto the meat; it should be thick and almost paste-like. Arrange coated steak on the prepared rack.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Cover steak loosely with plastic wrap and let sit at room temp. 30 minutes. Meanwhile, heat oven to 300 F. After 30 minutes, uncover steak and

roast 20 minutes. Flip skewers, then roast 20 more minutes.

6. Meanwhile, dice tomato, onion and cucumber, then

combine in bowl. Add vinegar, toss, then season with salt and pepper. Set aside.

7. Remove pan from oven and increase heat to 400 F. Brush steak on both sides with more oil. When oven is at temperature, roast another 5 minutes.

8. Sprinkle steak with the reserved 2 tablespoons of seasoning mixture. Serve with tomato-onion mix. **THE ASSOCIATED PRESS**

## Ingredients

- 1/2 cup powdered peanut butter
- 2 tsp sweet paprika
- 2 tsp ground dry ginger
- Kosher salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp cayenne
- 2 lbs sirloin steak
- 1/4 cup peanut oil
- 1 large tomato
- 1/2 small yellow onion
- 1 medium cucumber, peeled and seeded
- 1 tbsp cider vinegar
- Ground black pepper

## Healthy eating

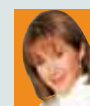
### Choose it and lose it

There's something comforting about pasta. However, there is nothing comforting about the calories, fat and sodium if you choose the wrong pasta sauce.

### Classico Four Cheese Alfredo (1 cup)

320 calories/24 g fat/ 1,560 mg sodium

The primary ingredients contain cream, egg yolks and cheese. No wonder calories and fat are high.



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## Equivalent

One cup of Classic Four Cheese Alfredo is equal in fat to five medium Hawaiian slices from Boston Pizza.



### Classico Tomato and Basil Sauce (1 cup)

100 calories/ 2 g fat/ 760 mg sodium

A classic tomato sauce contains mostly tomatoes, a healthier option.



## Zucchini Cheddar Muffins. Pair them with breakfast or dinner



1. Heat the oven to 400 F. Line a 12-cup muffin pan with paper liners or coat with baking spray.

2. In a large bowl, whisk together the flour, baking powder, baking soda, sugar and salt.

3. In another bowl, whisk together the eggs and buttermilk, then whisk in the melted butter. Gently fold the liquid mixture into the dry mixture, then fold in the zucchini and cheddar just enough to incorporate.

4. Scoop the batter into the prepared muffin pan and bake for 25 to 30 minutes, or until a toothpick inserted at the centre comes out clean. Allow to cool for 10 minutes in the pan before turning out on a rack to cool completely.

**THE ASSOCIATED PRESS**

## Ingredients

- 2 1/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup sugar
- 1 tsp salt
- 2 eggs
- 1 1/4 cups buttermilk
- 1/2 cup (1 stick) unsalted butter, melted
- 1 cup packed shredded zucchini
- 3/4 cup shredded sharp cheddar cheese

# Sweet potatoes and candied ginger star in hearty muffins

1. Heat oven to 400 F. Line 12-cup muffin pan with paper cupcake liners.

2. Prick sweet potatoes several places with knife. Microwave on high (or on the baked potato setting) until tender, 10 minutes. Let cool, then peel and, in a bowl, mash with a fork. You should have about 1 1/4 cups of mashed sweet potato. Mix

## Ingredients

- 3/4 to 1 lb sweet potatoes (2 small or 1 medium)
- 1 1/2 cups buttermilk
- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp table salt
- 1/2 tsp nutmeg, preferably freshly ground
- 1/4 tsp ground allspice
- 1/4 cup (1/2 stick) butter, room temperature
- 1/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 1 large egg
- 2 tsp vanilla extract
- 1/2 cup chopped crystallized ginger



This recipe makes 12 muffins. MATTHEW MEAD/ THE ASSOCIATED PRESS

in buttermilk, then set aside.

3. In a medium bowl, stir together both flours, the baking powder, baking soda, salt, nutmeg and allspice.

4. In another medium bowl, combine butter and both sugars. Use electric mixer to beat until the mix is light and fluffy, 3 minutes. Using spatula, scrape down sides of bowl. Add egg and vanilla, then mix on medium speed

for about 1 minute, until thoroughly combined. Scrape down the sides of the bowl.

5. Add half flour mix and beat the batter on low speed just until mix is partly mixed. Add half buttermilk-sweet potato mix and mix until combined. Add the remaining dry ingredients and mix until just combined, then mix in the remaining buttermilk mixture.

6. Divide batter among the

prepared muffin cups. Top it with the crystallized ginger and bake on the middle rack of the oven for 25 to 30 minutes, or until the tops are golden and a toothpick inserted at the centre comes out clean. Remove the muffins from the pan and tip on their sides on a cooling rack; this prevents the bottoms from getting soggy. Let cool 10 minutes before serving. They are best eaten while still hot. **THE ASSOCIATED PRESS**



**The In-Credibility Factor**

**Name: Dr. Monique Haakensen, PhD, P.Biol**  
**City: Saskatoon**  
**Age: 30**  
**Occupation: President and principal scientist of Contango Strategies**



**THE IN-CREDIBILITY FACTOR**  
 Teresa Kruze  
 life@metronews.ca

After graduating from school, Monique worked

for a year and saw so many ways science could be applied to business. Putting her savings on the line, she created Contango Strategies, a company creating cutting edge technologies for mining companies and the oil and gas sector. In less than two years, Contango has landed numerous seven-figure, multi-year contracts.

**Her action plan:**

- Relationships  
 "They are everything in

business and that's where your referrals come from because when you are a small, new company, your reputation is everything."

- Balance  
 "People who aren't entrepreneurs don't understand the concept of working 110 hours a week. They say you should have balance or a hobby, but for a lot of entrepreneurs, their business is what they do. Do what you love and make sure it's the right balance for you."

# Making sure you bank all the bucks as your own boss

**A freelancer's fight.**

Sure you can work from your bedroom, but inconsistent pay and lack of benefits can overwhelm if you don't have a plan and do your research

**BRUCE WALSH**  
 life@metronews.ca

Sara Horowitz founded the New York-based Freelancers Union in 2003. Today, the union boasts 170,000 members and even created their own health insurance company in 2009. Her new book, *The Freelancer's Bible: Everything You Need to Know to Have the Career of Your Dreams — On Your Terms*, was released this fall. We caught up with her for a quick chat.

**How often do companies fail to pay freelancers?**

From our surveys, 77 per cent of people have had a client who hasn't paid. After health insurance, the number one issue for people is not getting paid, getting paid late or getting partial payment.

**What do you do about that?**

You need a good network. Find out about a company before you work for it, and don't keep working if they're not paying you. You can go to small claims court — but remember that even if you win, you may have to get



Are they taking their sweet time to sign that cheque? Start asking the serious questions. ISTOCK

a judgment. That can be a long process.

**How do you insist on your rights while maintaining good relationships with your clients?**

Of course, there's no simple answer to that. But it's always good to push for clarity: What is the assignment? What are the deliverables? It's often good to write a memo summarizing that to make sure everybody is on the same page.

**What is your response to people who say that unions have outlived their usefulness?**

It's funny; in the 1920s people often said that unions were dead.

They were talking about a craft model that was for a workplace of the 1880s. Suddenly, in the 1930s, with mass production, there was a whole new kind of unionism.

What a union is will continue to evolve. But the old ones don't go away fully. They sit side by side.



Show me the money

"After health insurance, the number one issue for people is not getting paid, getting paid late or getting partial payment."

Sarah Horowitz

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Golf

## Beljan crafts fairy-tale ending at Magic Kingdom

Charlie Beljan felt as if his heart was about to burst out of his chest Sunday at Disney World, and he couldn't have felt better.

This wasn't another panic attack gone wild, like the one that sent him to the hospital in an ambulance after the second round and made him feel like he was going to die. This was the prospect of winning on the PGA Tour for the first time.

The roller-coasters at the Magic Kingdom are nothing like what Beljan went through in the final PGA Tour event of the year.

Two days after he was wheeled out of the scoring room on a stretcher, the 28-year-old rookie was celebrating on the 18th green. He arrived at the Children's Miracle Network Hospitals Classic with his job in jeopardy, and left with a two-year exemption that will send him to Maui at the start of the year.

"Every day I drove underneath that Disney sign coming in here that said, 'Where dreams come true,' and that's just what happened this week," Beljan said after closing with a 3-under 69 for a two-shot win. "And I'm so grateful and so honoured."

THE ASSOCIATED PRESS



Charlie Beljan holds up the trophy after winning the Children's Miracle Network Hospitals tournament Sunday in Lake Buena Vista, Fla. THE ASSOCIATED PRESS

## NFL. Saints put end to Falcons' unbeaten streak

Of all the teams to end the Atlanta Falcons' unbeaten run, it had to be their resurgent rivals, the New Orleans Saints, in a game filled with drama until the end.

Jimmy Graham caught seven passes for a career-best 146 yards and two touchdowns, cornerback Jabari Greer made a diving, touch-down-saving pass breakup on a late fourth-down play, and New Orleans (4-5) held on to hand the Falcons (8-1) their first loss, 31-27, on Sunday.

THE ASSOCIATED PRESS



Saints tight end Jimmy Graham runs past the Falcons' William Moore, Sunday, in New Orleans. GETTY IMAGES

## NHL. No progress as CBA negotiations stall again

As quickly as NHL labour negotiations got going again, they came to a screeching halt. Now there is no telling when the league and the players will return to the bargaining table.

After a one-day break following formal discussions this week, the sides got back to business on Sunday. Less than 90 minutes after talks about player-contract issues started, they were over.

"The owners made it clear there is no give with respect to their proposals unless the players are willing," players' associ-

Quoted

"Right now, given their opposition to addressing some of these (player-contract) issues, I don't know where we go."

NHL deputy commissioner Bill Daly

ation executive director Donald Fehr said.

No new plans to talk were made, but Monday wasn't ruled out.

THE CANADIAN PRESS

# Second-quarter surge leads Argos to East final

CFL. Toronto sets record in 2nd to erase Edmonton's strong start to East semifinal

Chad Owens couldn't have picked a better time to score his first punt return touchdown of the season.

Owens' 59-yard return TD highlighted a record 31-point second quarter and led the Toronto Argonauts past the Edmonton Eskimos 42-26 in the East Division semifinal Sunday.

"The defence fed off it, the offence started rolling," Owens said. "The way the game was going, we needed to do something and that's the great thing about specials, we can be the eraser, we can be the cleanup crew if things aren't going well."

Special teams and defence anchored the outburst — the most points in one quarter by one team in CFL playoff history.

West Division semifinal

The Stampeders beat the Saskatchewan Roughriders in a playoff game for the first time since 1994 with a 36-30 win in the West Division semifinal Sunday.

- The win propels the Stampeders into next Sunday's division final against the B.C. Lions.

Ricky Ray threw two touchdown passes and ran for another in the second for his first win in three games against his former team. Ray helped convert two Edmonton turnovers into 14 points in the quarter.

Toronto's second-quarter fireworks quashed an impressive start by Edmonton, which outtrashed Toronto 99-0 in the first. The Argos travel to Olympic Stadium in Montreal for the East final next Sunday, with the winner advancing to the Grey Cup at Rogers Centre on Nov. 25. THE CANADIAN PRESS



Argos quarterback Ricky Ray celebrates his second-quarter touchdown run in the East Division semifinal on Sunday in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

# 4 SPORTS

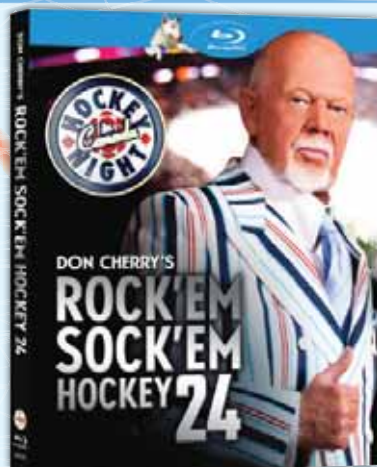
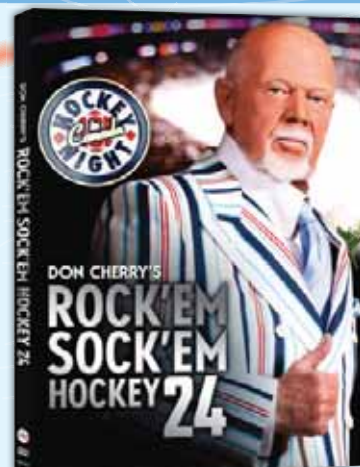
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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	4	0	1.000	—
Miami	5	2	.714	½
Chicago	4	2	.667	1
Philadelphia	4	2	.667	1
Brooklyn	3	2	.600	1½
Milwaukee	3	2	.600	1½
Boston	3	3	.500	2
Indiana	3	4	.429	2½
Atlanta	2	3	.400	2½
Charlotte	2	3	.400	2½
Cleveland	2	4	.333	3
Orlando	2	4	.333	3
Toronto	1	5	.167	4
Washington	0	5	.000	4½
Detroit	0	7	.000	5½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	6	1	.857	—
Memphis	5	1	.833	½
L.A. Clippers	5	2	.714	1
Oklahoma City	4	2	.667	1½
Minnesota	4	2	.667	1½
New Orleans	3	2	.600	2
Dallas	4	3	.571	2
Denver	4	3	.571	2
Houston	3	3	.500	2½
Golden State	3	4	.429	3
Utah	3	4	.429	3
Phoenix	3	4	.429	3
Sacramento	2	4	.333	3½
L.A. Lakers	2	4	.333	3½
Portland	2	4	.333	3½

Division leaders ranked in top four positions and best eight teams qualify for playoffs

**Sunday's results**  
Brooklyn 82 Orlando 74  
L.A. Clippers 89 Atlanta 76  
Memphis 104 Miami 86  
Cleveland at Oklahoma City  
Sacramento at L.A. Lakers  
**Saturday's results**  
Indiana 89 Washington 85  
Philadelphia 93 Toronto 83  
Charlotte 101 Dallas 97 (OT)  
Chicago 87 Minnesota 80  
Houston 96 Detroit 82  
Boston 96 Milwaukee 92  
Utah 94 Phoenix 81  
San Antonio 112 Portland 109  
Denver 107 Golden State 101 (OT)  
**Monday's games — All Times Eastern**  
Utah at Toronto, 7 p.m.  
Milwaukee at Philadelphia, 7 p.m.  
Oklahoma City at Detroit, 7:30 p.m.  
Miami at Houston, 8 p.m.  
Boston at Chicago, 8 p.m.  
Minnesota at Dallas, 8:30 p.m.  
Denver at Phoenix, 9 p.m.  
Atlanta at Portland, 10 p.m.  
**Tuesday's games**  
Toronto at Indiana, 7 p.m.  
New York at Orlando, 7 p.m.  
Washington at Charlotte, 7 p.m.  
Cleveland at Brooklyn, 7:30 p.m.  
Portland at Sacramento, 10 p.m.  
San Antonio at L.A. Lakers, 10:30 p.m.  
**Wednesday's games**  
Detroit at Philadelphia, 7 p.m.  
Utah at Boston, 7:30 p.m.  
Charlotte at Minnesota, 8 p.m.  
Memphis at Oklahoma City, 8 p.m.  
Indiana at Milwaukee, 8 p.m.  
New Orleans at Houston, 8 p.m.  
Washington at Dallas, 8:30 p.m.  
Chicago at Phoenix, 9 p.m.  
Miami at L.A. Clippers, 10:30 p.m.  
Atlanta at Golden State, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Manchester	11	7	3	0	1	32	21	15	
Worcester	13	6	5	1	1	35	42	14	
Portland	11	5	4	1	1	41	37	12	
St. John's	13	6	7	0	0	27	39	12	
Providence	11	4	6	0	1	23	31	9	
NORTHEAST DIVISION									
Springfield	11	8	1	0	2	40	17	18	
Bridgeport	11	8	3	0	0	38	34	16	
Connecticut	12	5	6	1	0	40	45	11	
Adirondack	11	5	6	0	0	26	33	10	
Albany	10	3	5	0	2	18	23	8	
EAST DIVISION									
Syracuse	11	7	2	1	1	38	32	16	
Norfolk	11	6	5	0	0	34	34	12	
Binghamton	11	5	4	1	1	26	30	12	
W-B/Scranton	12	6	6	0	0	31	29	12	
Hershey	12	5	6	1	0	31	32	11	

WESTERN CONFERENCE

NORTH DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Lake Erie	13	9	4	0	0	46	37	18	
Abbotsford	11	7	1	1	2	37	20	17	
Rochester	12	7	4	1	0	45	39	15	
Toronto	11	6	4	0	1	33	31	13	
Hamilton	10	4	4	1	1	22	31	10	
MIDWEST DIVISION									
Grand Rapids	13	7	4	1	1	46	41	16	
Chicago	12	7	4	1	0	34	37	15	
Milwaukee	12	6	6	0	0	34	34	12	
Rockford	12	5	6	0	1	35	39	11	
Peoria	12	2	7	2	1	22	45	7	

SOUTH

Charlotte	13	9	3	0	1	50	32	19
Oklahoma City	12	6	5	0	1	33	36	13
Houston	13	5	5	1	2	45	43	13
San Antonio	10	4	5	0	1	22	27	9
Texas	11	4	6	0	1	24	37	9

**Sunday's results**  
Connecticut 3 Bridgeport 4  
Worcester 4 Providence 3 (SO)  
Portland 3 Hershey 1  
Norfolk 0 Springfield 5  
Texas 4 Houston 2  
**Saturday's results**  
St. John's 2 Hershey 1  
Connecticut 6 Worcester 2  
Providence 0 Manchester 3  
Adirondack 1 Albany 2  
Portland 3 W-B/Scranton 4 (SO)  
Norfolk 2 Binghamton 4  
Rochester 5 Syracuse 2  
Toronto 5 San Antonio 3  
Lake Erie 5 Texas 4 (SO)  
Milwaukee 4 Rockford 2  
Grand Rapids 5 Peoria 3  
Oklahoma City 2 Abbotsford 1 (OT)  
**Monday's game — All Times Eastern**  
Norfolk at Albany, 2 p.m.  
**Tuesday's games**  
Houston at San Antonio, 11:30 a.m.  
Toronto at Oklahoma City, 11:35 a.m.  
Lake Erie at Abbotsford, 10 p.m.  
**Wednesday's games**  
Adirondack at Manchester, 10 a.m.  
Rochester at Hamilton, 10 a.m.  
Worcester at Portland, 7 p.m.  
Springfield at W-B/Scranton, 7:05 p.m.  
Peoria at Rockford, 8:05 p.m.  
Lake Erie at Abbotsford, 10 p.m.

CFL

PLAYOFFS

**Sunday's results**  
**DIVISION SEMIFINALS**  
**Byes:** B.C., Montreal  
**East Division**  
Toronto 42 Edmonton 26  
**West Division**  
Calgary 36 Saskatchewan 30  
**Sunday, Nov. 18 — All Times Eastern**  
**DIVISION FINALS**  
**East Division — All Times Eastern**  
Toronto at Montreal, 1 p.m.  
**West Division**  
Calgary at B.C., 4:30 p.m.  
**Sunday, Nov. 25**  
**100TH GREY CUP**  
At Toronto — East vs. West Winners, 6 p.m.  
**ARGONAUTS 42, ESKIMOS 26**  
**First Quarter**  
Edm — TD Koch 11 pass from Joseph (Shaw convert) 5:21  
**Second Quarter**  
Tor — TD Kackert 12 pass from Ray (Waters convert) 2:00  
Tor — TD Owens 59 punt return (Waters convert) 3:38  
Tor — TD Mann 11 pass from Ray (Waters convert) 9:06  
Tor — FG Waters 34 13:09  
Tor — TD Ray 7 run (Waters convert) 14:59  
**Third Quarter**  
Edm — FG Shaw 36 5:11  
Tor — Single Waters 52 14:25  
**Fourth Quarter**  
Tor — FG Waters 38 9:08  
Edm — TD Joseph 16 run (two-point convert : Stamp pass 5 from Joseph) 11:08  
Tor — TD Kackert 22 run (Waters convert) 12:58  
Edm Ñ TD Coehoorn 39 pass from Joseph (two-point convert : Coch pass 5 from Joseph) 14:37  
Edmonton 7 0 3 16—26  
Toronto 0 31 1 40—42  
**Attendance** — 25,792 at Toronto.  
**STAMPEDERS 36, RIDERS 30**  
**First Quarter**  
Sask — FG DeAngelis 29 14:58  
**Second Quarter**  
Cal — TD Mitchell 1 run (Paredes convert) 2:52  
Cal — TD Arthur 38 pass from Tate (Paredes convert) 9:19  
Sask — TD Sheets 11 pass from Durant (DeAngelis convert) 12:49  
Sask — TD Sheets 3 pass from Durant (convert failed) 14:48  
Cal — Two points: Bennett 105 blocked convert return 14:48  
Cal — FG Paredes 50 15:00  
**Third Quarter**  
Cal — TD Mitchell 1 run (Paredes convert) 13:51  
**Fourth Quarter**  
Sask — TD Carr 8 pass from Durant (DeAngelis convert) 6:21  
Cal — FG Paredes 40 13:38  
Sask — TD Carr 24 pass from Durant (DeAngelis convert) 14:08  
Cal — TD Bryant 60 pass from Tate (two-point convert failed) 14:40  
Cal — Single Paredes 90 14:41  
Saskatchewan 3 13 0 14—30  
Calgary 0 19 7 10—36  
**Attendance** — 30,027 at Calgary.

GOLF

PGA CHILDREN'S MIRACLE NETWORK HOSPITALS CLASSIC

At Lake Buena Vista, Fla.  
**Par 72**  
**Final Round**  
Charlie Beljan, \$846,000 68-64-71-69—272  
Matt Every, \$413,600 67-69-70-68—274  
Robert Garrigus, \$413,600 68-68-70-68—274  
Brian Gay, \$225,600 69-69-67-70—275  
Scott Stallings, \$165,088 66-70-71-69—276  
Josh Teater, \$165,088 71-67-67-71—276  
Boo Weekley, \$165,088 66-72-72-67—276  
Charlie Wi, \$165,088 64-71-70-71—276  
Mark Anderson, \$112,800 68-67-74-68—277  
Tom Gillis, \$112,800 72-66-70-69—277  
Tim Herron, \$112,800 71-70-67-69—277  
Jerry Kelly, \$112,800 71-68-72-66—277  
Russell Knox, \$112,800 66-72-72-67—277  
Joey Snyder III, \$112,800 69-70-72-66—277  
Cameron Beckman, \$77,550 70-68-69-71—278  
Charles Howell III, \$77,550 68-67-73-70—278  
Ryan Palmer, \$77,550 70-70-67-71—278  
Kevin Strelman, \$77,550 68-68-72-70—278  
Jonas Blixt, \$49,454 70-71-68-70—279  
Harris English, \$49,454 68-67-73-71—279  
Matt Jones, \$49,454 71-64-73-71—279  
Daniel Summerhays, \$49,454 71-71-68-69—279  
Daniel Chopra, \$49,454 69-67-70-73—279  
Brendon de Jonge, \$49,454 72-68-68-71—279  
Scott Dunlap, \$49,454 73-68-67-71—279  
Sean O'Hair, \$49,454 68-67-71-73—279  
Henrik Stenson, \$49,454 72-69-71-68—280  
Martin Flores, \$31,255 69-66-73-72—280  
Ryuji Imada, \$31,255 71-70-72-67—280  
Robert Karlsson, \$31,255 70-68-68-74—280  
Vaughn Taylor, \$31,255 69-73-67-71—280  
Roland Thatcher, \$31,255 65-71-70-74—280  
Camilo Villegas, \$31,255 69-71-72-69—281  
Roberto Castro, \$23,735 67-69-72-73—281  
Gavin Coles, \$23,735 71-71-70-69—281  
Kevin Chappell, \$23,735 71-70-71-69—281  
Billy Horschel, \$23,735 73-68-69-71—281  
Derek Lamely, \$23,735 74-67-68-72—281  
D.J. Trahan, \$23,735 74-68-69-71—282  
Stuart Appleby, \$16,046 67-74-71-70—282  
Matt Bettencourt, \$16,046 69-69-75-69—282  
Stewart Cink, \$16,046 67-74-69-72—282  
Ken Duke, \$16,046 65-71-70-76—282  
Tommy Gainey, \$16,046

CIS FOOTBALL

CONFERENCE FINALS

**Saturday's games**  
**ATLANTIC CONFERENCE**  
**Loney Bowl**  
Acadia 17 Saint Mary's 9  
**ONTARIO CONFERENCE**  
**105th Yates Cup**  
McMaster 30 Guelph 13  
**QUEBEC CONFERENCE**  
**Dunsmore Cup**  
Laval 40 Sherbrooke 17  
**CANADA WEST CONFERENCE**  
**Hardy Cup**  
Calgary 38 Regina 14  
**Saturday, Nov. 17 — All Times Eastern**  
**NATIONAL SEMIFINALS**  
**UTECK BOWL**  
Acadia at Laval, 1 p.m.  
**MITCHELL BOWL**  
Calgary at McMaster, 4 p.m.  
**Friday, Nov. 23**  
**48TH VANIER CUP**  
At Toronto  
Uteck vs. Mitchell Bowl winners, 7:30 p.m.

NFL

AMERICAN CONFERENCE

EAST									
	W	L	T	Pct	PF	PA			
New England	6	3	0	.667	299	201			
Miami	4	5	0	.444	173	186			
N.Y. Jets	3	6	0	.333	175	228			
Buffalo	3	6	0	.333	211	285			
SOUTH									
	W	L	T	Pct	PF	PA			
Houston	7	1	0	.875	237	137			
Indianapolis	6	3	0	.667	186	201			
Tennessee	4	6	0	.400	219	311			
Jacksonville	1	8	0	.111	127	246			
NORTH									
	W	L	T	Pct	PF	PA			
Baltimore	7	2	0	.778	254	196			
Pittsburgh	5	3	0	.625	191	164			
Cincinnati	4	5	0	.444	220	231			
Cleveland	2	7	0	.222	169	211			
WEST									
	W	L	T	Pct	PF	PA			
Denver	6	3	0	.667	271	189			
San Diego	4	5	0	.444	209	191			
Oakland	3	6	0	.333	191	284			
Kansas City	1	7	0	.125	133	240			

**WEEK 10**  
**Sunday's results**  
Cincinnati 31 N.Y. Giants 13  
Denver 36 Carolina 14  
Tampa Bay 34 San Diego 24  
Tennessee 37 Miami 3  
Baltimore 55 Oakland 20  
New England 37 Buffalo 31  
Minnesota 34 Detroit 24

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS

(two-game, total-goals series)  
**EASTERN CONFERENCE**

**D.C. UNITED VS. HOUSTON**  
(Houston leads series 3-1)  
**Sunday's result**  
Houston 3 D.C. 1  
**Sunday, November 18 — All Times Eastern**  
Houston at D.C., 3 p.m.

WESTERN CONFERENCE

**SEATTLE VS. LOS ANGELES**  
**Sunday's result**  
Seattle at Los Angeles  
**Sunday, November 18**  
Los Angeles at Seattle, 9 p.m.

ENGLAND

PREMIER LEAGUE

**Sunday's results**  
Manchester City 2 Tottenham 1  
Newcastle 0 West Ham 1  
Chelsea 1 Liverpool 1  
**Saturday's results**  
Arsenal 3 Fulham 3  
Everton 2 Sunderland 1  
Reading 0 Norwich 0  
Southampton 1 Swansea 1  
Stoke 1 Queens Park Rangers 0  
Wigan 1 West Brom 2  
Aston Villa 2 Manchester United 3

NATIONAL CONFERENCE

EAST									
	W	L	T	Pct	PF	PA			
N.Y. Giants	6	4	0	.600	267	216			
Dallas	4	5	0	.444	188	204			
Philadelphia	3	6	0	.333	156	221			
Washington	3	6	0	.333	226	248			
SOUTH									
	W	L	T	Pct	PF	PA			
Atlanta	8	1	0	.889	247	174			
Tampa Bay	5	4	0	.556	260	209			
New Orleans	4	5	0	.444	249	256			
Carolina	2	7	0	.222	163	216			
NORTH									
	W	L	T	Pct	PF	PA			
Chicago	7	1	0	.875	236	120			
Green Bay	6	3	0	.667	239	187			
Minnesota	6	4	0	.600	238	221			
Detroit	4	5	0	.444	216	222			
WEST									
	W	L	T	Pct	PF	PA			
San Francisco	6	2	1	.778	213	127			
Seattle	6	4	0	.600	198	161			
St. Louis	3	5	1	.444	161	210			
Arizona	4	5	0	.444	144	173			

New Orleans 31 Atlanta 27  
Seattle 28 N.Y. Jets 7  
Dallas 38 Philadelphia 23  
St. Louis 24 San Francisco 24 (OT)  
Houston at Chicago  
**Thursday's result**  
Indianapolis 27 Jacksonville 10  
**Monday's game — All Times Eastern**  
Kansas City at Pittsburgh, 8:30 p.m.

FRANCE

**LIGUE 1**  
**Sunday's results**  
Marseille 2 Nice 2  
Lorient 0 Bordeaux 4  
Sochaux 1 Lyon 1  
Paris Saint-Germain 1 Montpellier 1

GERMANY

BUNDESLIGA

**Sunday's results**  
Wolfsburg 3 Bayer Leverkusen 1  
Greuther Fuerth 2 Borussia Moenchengladbach 4  
Stuttgart 2 Hannover 4



Horoscopes

Aries

**March 21 - April 20**  
This is a good time to hold talks of a personal nature with a friend or loved one. Most likely a recent falling out was nothing more than a misunderstanding and it won't take much to put things right again.

Taurus

**April 21 - May 21**  
You're getting that annoying feeling that there is something you should have done but you just can't put your finger on what it might be. Tomorrow's eclipse will no doubt enlighten you. In the meantime, don't think so hard.

Gemini

**May 22 - June 21**  
You may have things planned out in your head but when are you going to roll up your sleeves and actually get busy? There is so much you can achieve now, but it won't just happen as if by magic.

Cancer

**June 22 - July 23**  
Ignore what other people say you should be doing and do only what feels right to you. You know what you want, you know how to get it and you know you have what it takes to be a success. Get to it!

Leo

**July 24 - Aug. 23**  
As usual you have plenty to say for yourself but there is a danger you might say too much and turn others against you. Your criticisms may be valid but do you really need to point out everyone's faults and failings?

Virgo

**Aug. 24 - Sept. 23**  
Let your imagination run riot. Let your mind wander in directions it does not usually choose to go. The more you allow your thinking to be free the more likely it is you will accomplish something outstanding and original.

Libra

**Sept. 24 - Oct. 23**  
Whatever you choose to do over the next 48 hours will have a huge impact on the way your life unfolds over the next six months or so, so think deeply and act decisively. Don't worry, you'll make the right choice.

Scorpio

**Oct. 24 - Nov. 22**  
The imminent solar eclipse in your sign is a timely reminder that you should always look forwards. What happened yesterday and in the days before that is now history. It's what you do today and tomorrow that counts.

Sagittarius

**Nov. 23 - Dec. 21**  
It may seem as if everyone is ganging up on you at the moment but most likely it is your subconscious playing tricks on you. It is of the utmost importance that you stay positive. Remember: your mind creates your reality.

Capricorn

**Dec. 22 - Jan. 20**  
No matter what others might say you are doing well – in fact you are doing brilliantly. It's because they can see that, even if you can't, some people are determined to undermine your confidence.

Aquarius

**Jan. 21 - Feb. 19**  
Some of your ideas may seem a little "way out" to others but they make perfect sense to you. It's not your fault that the rest of humanity does not possess your breadth and depth of vision.

Pisces

**Feb. 20 - March 20**  
There is no such thing as a problem that cannot be solved and the approaching eclipse in sympathetic Scorpio will encourage you to look again at an issue that has been terribly divisive. **SALLY BROMPTON**

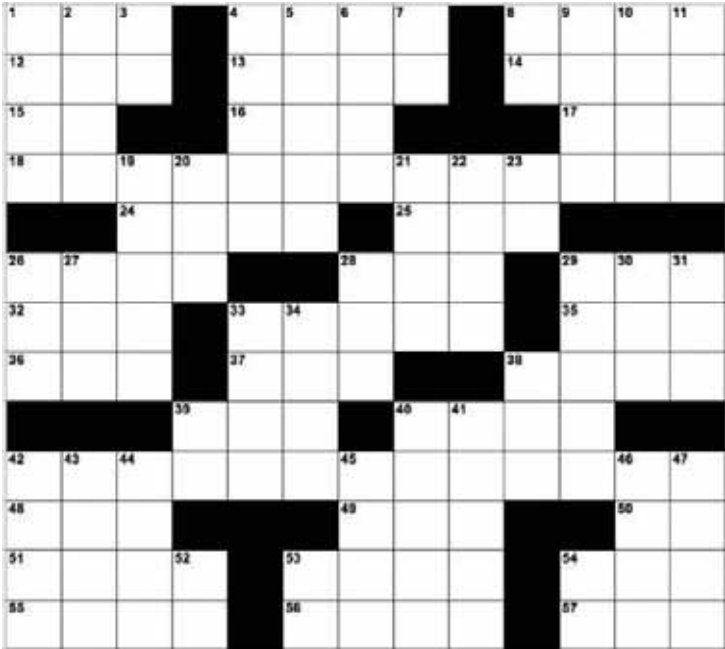
Canadian Crossword

Across

- About You
- Majority
- Look after
- Goal
- Type of exam
- Aweather
- "The Thin Red Line" actor (init.)
- Lubricate
- Partner for a woman
- Protestors
- Comfort
- Roker and Pacino
- Accomplishment
- Actor/Actress personal info.
- Health club
- Chat room lingo
- Lion's litter
- Female
- Response to a ques.
- Light toss
- He played Klingner on M\*A\*S\*H
- Telephone book section (abbr.)
- Former co-host of The View — Jones
- Bonnie Franklin 1970's sitcom (5 words)
- Size above sm.
- Tease
- Keeping — with the Kardashians
- Spew
- Howl
- : Crime Scene Investigation
- Memo
- Chip's partner in crime
- And so on (abbr.)

Down

- Patch a holey sweater
- Green Gables girl

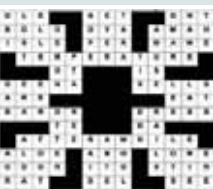


- Minister's deg.
- Orbs
- Get up in the a.m.
- Sodium
- Ollie's comedy partner (init.)
- British thanks'
- Ticklish muppet
- Close by
- Lairs
- on Wheels
- Food for Mister Ed
- Police foray
- Healing lotion

- Poet Eliot
- Southern st.
- Time long past
- Baby's neckwear
- Lewis & Lamb Chop
- Apiece
- Airport info.
- Heard by a judge
- Blushing
- "My Big — Greek Wedding"
- 1970's host of Family Feud (init.)
- Yet

- Dining room furniture
- Horror movie starring Gregory Peck, with The
- "Finding —"
- Revise a manuscript
- Math calculation
- Should
- Blockbuster
- Diem
- 3 feet equals this (abbr.)
- He played "Dirty Harry"

Friday's Crossword



What's online

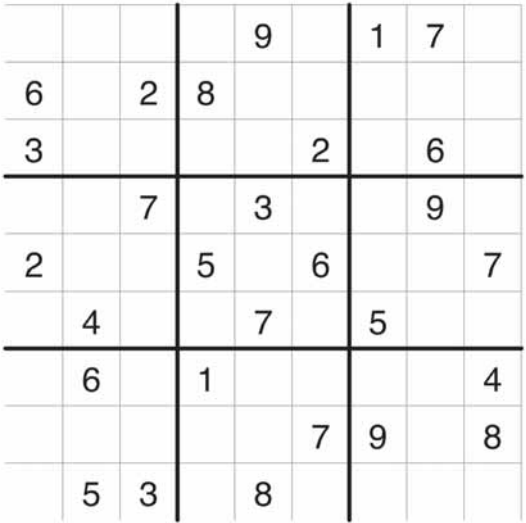
See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

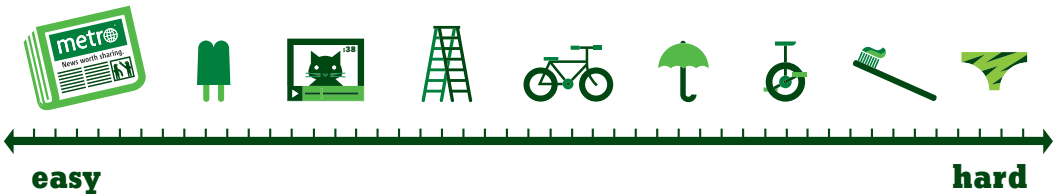


Today  
17°/-1°  
Variable

Tuesday  
4°/-3°  
Variable

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Check the 14 day trend.  
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<b>11 Pathfinder 4wd</b> • Loaded, A/C, Auto • st: 34314 • km: 41002 <b>\$25,980</b> \$207*** Bi-weekly	<b>07 Caliber R/T AWD</b> • Loaded, A/C, Lthr, Roof, Auto • st: 12248-A • km: 130751 <b>\$8,980</b> \$99*** Bi-weekly	<b>08 Torrent AWD</b> • Loaded, A/C, Roof • st: W80004 • km: 59672 <b>\$14,750</b> \$162*** Bi-weekly	<b>07 Sorento LX 4wd</b> • Loaded, A/C, Auto • st: 32813-A • km: 109074 <b>\$10,850</b> \$119*** Bi-weekly	<b>12 Fusion SEL AWD</b> • Loaded, A/C, Lthr, Roof, Auto • st: 34384 • km: 19820 <b>\$22,670</b> \$181*** Bi-weekly	<b>08 LandRover LR2 4wd</b> • Loaded, A/C, Auto • st: 32103 • km: 82605 <b>\$19,800</b> \$218*** Bi-weekly
<b>12 Colorado 4wd</b> • Loaded, A/C, Auto • st: 34139 • km: 17835 <b>\$27,850</b> \$222*** Bi-weekly	<b>10 Toyota RAV4 4wd</b> • Loaded, A/C, Auto • st: 32842 • km: 63695 <b>\$21,850</b> \$174*** Bi-weekly	<b>08 Infiniti EX35 AWD</b> • Loaded, A/C, Lthr, Roof, Auto • st: 33822 • km: 105315 <b>\$18,880</b> \$207*** Bi-weekly	<b>12 Wrangler Sahara 4wd</b> • Unlimited, Loaded, Auto • st: 34330 • km: 26171 <b>\$28,940</b> \$231*** Bi-weekly	<b>11 Grand Vitara 4wd</b> • Loaded, A/C, Auto • st: 34377 • km: 58929 <b>\$16,850</b> \$143*** Bi-weekly	<b>11 Traverse LS AWD</b> • Loaded, A/C, Auto • st: 34390 • km: 48949 <b>\$23,890</b> \$191*** Bi-weekly
<b>09 Patriot 4wd</b> • North Edition Loaded, A/C, Auto • st: 34302 • km: 95154 <b>\$12,670</b> \$121*** Bi-weekly	<b>08 Lincoln MKZ AWD</b> • Loaded, Lthr, Roof • st: 33632 • km: 98400 <b>\$15,950</b> \$175*** Bi-weekly	<b>12 Sequoia SRS 4wd</b> • Loaded, A/C, Roof, Auto • st: 34140 • km: 24823 <b>\$46,850</b> \$374*** Bi-weekly	<b>10 F-250 XLT 4wd</b> • Lariat Diesel, Loaded, A/C, Auto • st: 31268 • km: 33631 <b>\$34,960</b> \$279*** Bi-weekly	<b>08 Mazda CX-7 AWD</b> • Loaded, A/C, Auto • st: 34059 • km: 64801 <b>\$15,650</b> \$172*** Bi-weekly	<b>11 Honda CR-V LX 4wd</b> • Loaded, A/C, Auto • st: 34357 • km: 13474 <b>\$22,850</b> \$182*** Bi-weekly
<b>07 Ram 1500 4wd</b> • Hemi, Loaded, A/C • st: 34047 • km: 89128 <b>\$16,950</b> \$186*** Bi-weekly	<b>08 Honda CR-V 4wd</b> • Loaded, A/C, Auto • st: 33494 • km: 87593 <b>\$15,960</b> \$175*** Bi-weekly	<b>09 Pilot 4wd</b> • Loaded, A/C, Auto • st: 34239 • km: 62480 <b>\$24,950</b> \$225*** Bi-weekly	<b>08 Volvo XC90 AWD</b> • Loaded, A/C, Lthr, Auto • st: 33566 • km: 44617 <b>\$26,950</b> \$283*** Bi-weekly	<b>11 Escalade EXT AWD</b> • NAV, Loaded, Lthr, Roof, A/C • st: 34213 • km: 20748 <b>\$64,820</b> \$517*** Bi-weekly	<b>09 Benz E300 AWD</b> • 4Matic, NAV, Loaded, Lthr, Roof • st: 33686 • km: 46356 <b>\$31,840</b> \$287*** Bi-weekly
<b>07 Element AWD</b> • Loaded, A/C, Roof • st: 34359 • km: 107399 <b>\$11,650</b> \$128*** Bi-weekly	<b>08 Ford Edge SEL AWD</b> • Loaded, A/C, Auto • st: 34136 • km: 79226 <b>\$16,880</b> \$186*** Bi-weekly	<b>09 Vibe AWD</b> • A/C, Auto • st: 12228-A • km: 95884 <b>\$10,780</b> \$103*** Bi-weekly	<b>11 Impreza AWD</b> • Loaded, A/C, Auto • st: 34339 • km: 36298 <b>\$18,450</b> \$157*** Bi-weekly	<b>12 Volvo XC70 AWD</b> • Loaded, A/C, Lthr, Auto • st: 334310 • km: 29220 <b>\$34,860</b> \$278*** Bi-weekly	<b>12 Suburban 1500 4wd</b> • Loaded, A/C • st: 33709 • km: 27634 <b>\$35,830</b> \$286*** Bi-weekly
<b>09 Acura MDX AWD</b> • Loaded, A/C, Lthr, Roof, Auto • st: 34435 • km: 38157 <b>\$29,870</b> \$269*** Bi-weekly	<b>11 Yukon 4wd</b> • Loaded, A/C, Auto • st: 32939 • km: 44543 <b>\$28,500</b> \$228*** Bi-weekly	<b>08 FJ Cruiser 4wd</b> • Loaded, A/C • st: 34415 • km: 58144 <b>\$22,850</b> \$239*** Bi-weekly	<b>09 Murano SL AWD</b> • Loaded, A/C • st: 34469 • km: 86683 <b>\$18,970</b> \$181*** Bi-weekly	<b>09 Escape XLT 4wd</b> • Loaded, A/C, Auto • st: 32908-A • km: 96465 <b>\$14,860</b> \$142*** Bi-weekly	<b>08 Santa Fe GLS AWD</b> • Loaded, A/C, Auto • st: 34319 • km: 91721 <b>\$13,940</b> \$153*** Bi-weekly
<b>11 Mitsubishi RVR SE AWD</b> • Loaded, A/C, Auto • st: 3972 • km: 25025 <b>\$19,940</b> \$170*** Bi-weekly	<b>11 Benz E350 AWD</b> • 4Matic, NAV, Loaded, Lthr, Roof • st: 33877 • km: 14374 <b>\$58,850</b> \$470*** Bi-weekly	<b>08 Nitro SLT 4wd</b> • Loaded, A/C • st: 33583 • km: 93248 <b>\$14,950</b> \$164*** Bi-weekly	<b>09 Rogue S AWD</b> • Loaded, A/C • st: 31425 • km: 62481 <b>\$17,980</b> \$172*** Bi-weekly	<b>08 Explorer Sporttrac 4wd</b> • Loaded, A/C, Auto • st: 34351 • km: 64141 <b>\$20,840</b> \$218*** Bi-weekly	<b>10 Forester AWD</b> • Loaded, A/C, Auto • st: 33139 • km: 62998 <b>\$21,980</b> \$175*** Bi-weekly
<b>10 Highlander SE 4wd</b> • Loaded, Roof, Lthr, Auto • st: 33196 • km: 14143 <b>\$34,850</b> \$278*** Bi-weekly	<b>09 Lexus RX350 AWD</b> • NAV, Loaded, Lthr, Roof, A/C • st: 32760 • km: 61296 <b>\$31,850</b> \$296*** Bi-weekly	<b>09 Outlander ES 4wd</b> • Loaded, A/C, Auto • st: 12046-A • km: 52392 <b>\$15,450</b> \$147*** Bi-weekly	<b>11 Mazda CX-9 AWD</b> • Touring, Loaded, Lthr, Auto • st: 34268 • km: 38331 <b>\$29,780</b> \$238*** Bi-weekly	<b>08 Sportage LX 4wd</b> • Loaded, A/C, Auto • st: 34307 • km: 98209 <b>\$10,870</b> \$119*** Bi-weekly	<b>07 Compass Sport 4wd</b> • Loaded, A/C, Auto • st: 33359 • km: 94668 <b>\$11,850</b> \$130*** Bi-weekly

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